



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Every Body Healthy --Prevea Clinic Nutrition and Activity Program for Youth

Contact Information

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Program Information

Type of Program Health Care
Year Coalition was Formed 2004
Primary program focus Both Physical Activity & Nutrition
Region Northeastern
County Brown
Coalition Web Site Address Prevea Clinic Web Site has a notation and access information

Program Information

Represented Groups on Coalition Community Health Care Other	Represented Professions on Coalition Dietitian Exercise Specialist Health Care Admin Nurse Physical Therapist Physician
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name Every Body Healthy program

Intervention Information

Type of Intervention: Physical Activity & Nutrition - Resource
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: Health Care
Scope of Intervention: Other
Target Audience: All races and genders Ages 1-4, 5-11, 12-19
Total Population in Area Served: 200,000
Number of Participants: 20 - Just started in December 2004
Implementation Status: Ongoing

Partners: YMCA behavioral care/counselors
Unique Funding:
Evaluation: Health Indicator – Monthly Service Provision – Semi-annually Units Provided – Monthly
Evidence-Based or Best Practice based on Researched our methods extensively before initiating program methods.

Products Developed or Materials Used:

We have age specific patient packets (ages 2-6, 6-12, and teen) and each family practice and pediatric provider in the clinic has a Provider Manual that delineates how to manage kids with BMI > 95th percentile for age.

Intervention Description:

As listed above, it is an individual and family based intervention aimed at behavior change in healthy eating and activity. We help set goals and target specific eating and exercise areas for change. We look at comorbidities, such as diabetes, hypertension, hyperlipidemias. We focus on family involvement.

Physican screening for BMI, then secondary problems HTN, Lipids, DM, behavioral ect. Then frequent follow ups to assess wieght loss, diet, activity in family to reduce the above.